

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

APRIL 1955

EXTENSION SERVICE *Review*



Boundless Horizonspage 67

More Than Four Wallspage 76

and Other Home Demonstration Articles

In this Issue—

Boundless Horizons <i>Frances Scudder</i>	67
What's Money Good For? <i>Gladys Myers and Marjorie Ann Tennant</i>	68
Muck Work and Some Play <i>Donald W. Clayton</i>	69
Cooperate To Serve Farm Families <i>Mary L. Johnson</i>	70
"Hurrah for the Family Life Conference" <i>Caroline Fredrickson</i>	71
Today We Live <i>William B. Rogers</i>	74
More Than Four Walls <i>Deane G. Carter</i>	76
Vermonters Like Their Milk <i>Karin Kristiansson</i>	78
Citizenship Training	80
Follow Food to Market <i>Esther Cooley</i>	82
Part-Time Farmers <i>H. R. Moore and W. A. Wagt</i>	83

Ear to the Ground

Tuning in on the sound waves as I visited in Mississippi, Louisiana, and New Mexico during the past month, I got an interesting earful of how the State and county staffs reach their large audiences. In Mississippi, Duane Rosenkrans, Extension Editor, and his small, hard-working, versatile staff give the county people strong support through their daily and weekly services to the radio and television stations and to the general press. Duane adds regularly to his collection of photographs, using them in training sessions, TV, and news stories.

Louisiana's capable Extension information staff, basking daily in the sunshine of Editor Marjorie Arbour's excellent public relations, keep their eyes on their parish personnel, helping, guiding, training them to get their messages to their people through the newspapers and radio stations. Marjorie believes in the importance of a familiar name and voice and encourages the parish agents to write their own columns and carry on a regular radio program.

In New Mexico, where distances are great and ranch chores more confining, the use of the radio and newspapers is almost imperative. Yet they are never as personally satisfying as home visits. So it helps when, once in a while, a county home or 4-H or agricultural agent gets a letter from a listener or hears a comment from a newspaper reader, and can remark, "Well, some one does read my stuff." That's what happened during a homemakers' study in Grant County, N. Mex., last month.

Violet Shepherd, home agent in Grant County, has had a regular radio program at 6:50 a.m., and was beginning to feel that it was much too early to talk to homemakers, probably no one listened, and maybe it wasn't worthwhile. But when the questionnaires came in during the study, and one woman after another said she had heard Violet on the air, the time and effort the radio program required balanced up much more favorably with the time and miles required to meet with a handful of women. Perhaps we need more and better methods of measuring our influence in mass media.

—CWB

EXTENSION SERVICE
Review

**Official Organ of the
Cooperative Extension Service
U. S. Department of Agriculture
Washington 25, D. C.**

VOL. 26

APRIL 1955

NO. 4

Prepared in Division of Information Programs

LESTER A. SCHLUP, *Director*

CATHERINE W. BEAUCHAMP, *Editor*

DOROTHY L. BIGELOW, *Associate Editor*

GERTRUDE L. POWER, *Art Editor*

Published monthly by direction of the Secretary of Agriculture as administrative information required for the proper transaction of the public business. The printing of this publication has been approved by the Director of the Bureau of the Budget (July 8, 1952). THE REVIEW is issued free by law to workers engaged in extension activities. Others may obtain copies from the Superintendent of Documents, Government Printing Office, Washington 25, D. C., at 10 cents per copy or by subscription at \$1.00 a year, domestic, and \$1.50 foreign.



Boundless Horizons

FRANCES SCUDDER, Director
Division of Home Economics Programs
Federal Extension Service

NATIONAL HOME DEMONSTRATION WEEK recognizes an important part of the Extension program, and the local leadership which makes it strong. It spotlights the fine job of thousands of volunteer leaders throughout the country.

We who work primarily with those leaders are proud of what they've done. We have seen their outstanding accomplishments as they gain in competence and self-confidence. We have seen customs change throughout whole communities because of their enthusiasm and perseverance. We have seen the pride of families in those achievements, and we share that pride. We ourselves have grown and developed as we have helped make these achievements possible.

But mingled with our pleasure and satisfaction in what has already been done is our concern for the future—our leadership role. This is because we ourselves must help decide the

directions in which our home demonstration program will move.

We're all teachers and our job is education. Often this means showing how. Often it means providing facts or calling attention to methods and ideas with which decisions can be made. Always it means encouraging people to go forward—to make adjustments that will be for the better.

Besides the ever-present need to teach beginning homemakers how to do the usual household tasks better, most homemakers and families need aid in learning the principles of better management—how to analyze their wants and needs and how to meet them.

Beyond that, it is essential for us to help them consider alternate choices and, in the light of their resources, to make wise decisions. This is a process that can be learned. Often it precedes deciding whether

Homemakers making sound plans and generating enthusiasm for better homes and communities is a powerful force across the Nation.

to produce food and make clothing at home, or buy them; and what services to perform at home, and what to pay for outside the home.

As home economists, we particularly realize that our teaching must be related to the broad functions of successful living in the family and in the community. This is problem solving at its best. Only broad, well-integrated programs including economics, management, human relations, and technical knowledge from many fields—not only home economics but also human development, applied art, government, and business—may contribute to home and community life.

A real challenge lies ahead. We must keep out in front with this new knowledge, and narrow the gap between home economics research and application.

New programs must be developed, new groups of homemakers must be reached, young people must be taught and encouraged. For some of these programs we will furnish leadership. For others we will furnish materials to leaders already assisting homemaker groups.

Fortunately, it is not all up to us. In Extension we do little by ourselves. Our job is one of teamwork. Our real effectiveness depends upon our skill in working with others, individually and in groups—our colleagues in Extension, in education, and elsewhere.

It means assisting families who know about Extension and reaching those who do not know or use its services. It means coordinating our efforts with many other efforts; this comes best through knowing and understanding the aims and programs of other agencies and organizations concerned with homes and family living.

Fortunately we have two invaluable tools to help us—our minds and our hearts. Our minds can discover new facts, create new ideas, think up new attacks on old problems. And our hearts can guide us in understanding people, responding to their needs, and helping them develop and reach their goals.

What's Money Good For?

Families must decide
on immediate
and longtime goals

GLADYS MYERS
Extension Specialist
Home Management, and

MARJORIE ANN TENNANT
Assistant Extension Editor, Kansas



HAPPIER FAMILY relationships usually result when sound financial plans are made, agreed upon, and carried out by the family as a unit. That's one of the very good reasons why farm women in Kansas are eager for more information and help on family economics.

The home management project is an important link in the Kansas Balanced Farming and Family Living program, for it's through this project that the women learn how to help make the family financial plans and how to keep accurate farm and home records, so essential to a measurement of progress.

Before a family can set up a budget and manage current income to the best advantage, it must decide on its immediate and longtime goals. This is a matter that each member of the family is concerned in and should be encouraged to discuss. Such a family council serves also to strengthen family relationships and aid in training children for money management.

Training Meetings

To provide the farm women with some information and understanding of this subject, two members of each home demonstration unit receive training at two meetings conducted by the State home management spe-

cialist. They in turn take the lessons to their own groups. The objectives are to teach an appreciation for the following: The family council as a technique for getting cooperation; the budget process as a guide to sound choices; the need for a well-organized business center in the home; and the kinds of records important to the family's management of its money.

To attract attention and interest, provocative topics were used, for example: Tell Your Money Where To Go, The Sense in Records, Who's the Banker at Your House? and When It Is Your Will.

During the first meeting, family councils and principles of budgeting and accounting are discussed. An exchange of experiences in "buzz" sessions helps every one to better understand economic problems. Basic to this training is some knowledge of insurance and credit, as well as provisions for old-age financial security. Because wives often outlive husbands, the women are also interested in knowing more about wills and property ownership. Local resource people such as attorneys, bankers, life insurance underwriters, and social security representatives can provide facts and relate them to the local situation.

After the leaders in training have made a budget and kept a record of expenditures for 2 months, the second

meeting is held. The specialist helps each one to analyze her household records. Then she teaches these leaders how to make simple files for a business center in the home.

Use Visual Aids

Economics is reputedly difficult to teach, a dull subject to study, but our specialists find that visual aids become first aids in the presentation of economic information. Charts, films, filmstrips, flannelgraphs, slide sets, and blackboards are extremely helpful. Questionnaires and agree-disagree or true-false statements also stimulate thinking and discussion.

Leaders and their families are enthusiastic about this project. Sample comments are: "Our entire family is working on our records and filing system." "The lesson has made me feel that records really are worthwhile and that we can keep a budget." "It has been hard to keep an exact record, but we are becoming more conscious of what we are spending."

The financial planning advocated in the lessons is the foundation of future security for the 20th century farm family. From such planning can come higher goals, more efficient management, and more satisfying family relationships, all of which add up to more abundant living.

IN 1784 a rule of a school read: "We prohibit play in the strongest terms . . . the students shall rise at 5:00 a.m. summer and winter; . . . The students shall be indulged with nothing which the world calls play. Let this rule be observed with strictest nicety; for those who play when they are young will play when they are old."

A background of Puritanism and the vigorous work demands of physical expansion developed this attitude that "Idleness is the devil's workshop." It wasn't long though before our rural adults realized that this rule couldn't apply to youngsters. So they developed the maxim "All work and no play makes Jack a dull boy." Today we pretty much accept the basic importance of play for healthy child growth, that play must be the young child's main occupation.

What is slower in coming is the realization that all work and no play makes Jack not only a dull boy but will likely turn him into a neurotic, unhappy old man if he doesn't continue to keep a recreational balance in his adult life. Recent work with the mentally ill in our hospitals is proving the therapeutic worth of teaching patients to play together. They find that as they learn how to balance work skill with an ability to do a variety of things just for the

Much Work and Some Play

DONALD W. CLAYTON
Extension Recreation Specialist
South Dakota

enjoyment of the doing, thus they are able to find a wholesome release for much of the tension and confusion that previously had made their problems too large to handle.

The Extension Service has done a significant job in helping farm folk to use the latest technological findings in their farming practices on the land and in their homes. This has resulted in a radical change in the role, responsibility, and routine of the



The men of the family relax with John's Christmas present.

farm operator. And apparently this technological revolution is just in its beginning. Dr. Wendt, head of UNESCO's science division, stated recently that if trends continue, by 2000 A.D. the average income per person in the U.S. would be between \$4,500 and \$5,000. And it will take the average breadwinner one-third less time to make his increased income.

As a recreationist I have observed an increased concern and interest upon the part of our women for learning how to promote a more creative use of leisure time in their family life. Many of the special interest lessons requested by counties include such subjects as Recreation and Mental Health, The Play Needs of Children, and Fun in the Home.

In the last 2 years the tabulated choices of the home demonstration clubs resulted in major lessons and bulletins on the two subjects Games for Small Groups in Small Spaces and Entertaining Informally in the Home, with subjects dealing with fun for the sick, the aged, family outings, special celebration and anniversaries, close behind. Mention of available material on Ideas for Holiday Happenings in the Home during radio interviews each Christmas time results in many written requests.

Throughout the State I have found families discovering a new and exciting friendship in fun at the home through crafts, family game nights,

(Continued on page 85)



The family plays a game around the kitchen table. (Left to right: Bob 14; Jim, 10; Mrs. Healy; John, 4; Mary, 6; Mr. Healy; and Betty, 17.)



(Left to right) Mary L. Johnson, State coordinator, confers with Charles Baldwin, Boone County FHA supervisor; Bruce Walker, county agent; and Mrs. Orrine Gregory, home agent.



Laying a new floor attracts W. F. Gerard's entire family plus the Boone County home agent. Her followup visit is a necessary element in farm and home development to help complete plans.

Missouri Extension Service and Farmers Home Administration

Cooperate To Serve Farm Families

MARY L. JOHNSON, Coordinator, Missouri Extension Service

ONLY a year ago we started a study in Missouri to learn how the Farmers Home Administration program and the home economics program of the Extension Service could be coordinated to give better service and guidance to farm families.

Seven counties were chosen for the pilot study, each different from the others agriculturally, economically, culturally, and in many other ways. The staffs of both agencies in all seven counties were invited to meet and discuss plans for the study with a member of the State Extension staff who was designated as coordinator. In the first conference and others to follow, the staffs in each county became familiar with the programs of both agencies and analyzed their common problems.

To introduce the plan and obtain

the advice and cooperation of local leaders, the county staffs met with their own Extension Advisory Boards, County Home Economics Extension Councils, and Farmers Home Administration committeemen. When possible, to save time, these explanatory meetings were held in conjunction with county staff conferences.

The next step in determining a practical course of action was for members of the county staffs and the State coordinator to visit farm families, some of whom were Farmers Home cooperators already active in Extension work, and others were participating in the Farmers Home Administration program only.

On the basis of the accumulated facts, observations, and suggestions that grew out of these various conferences, a plan of action was devel-

oped for all counties in the State. The plan called for the following:

1. A study of a county map indicating location of Extension clubs, 4-H Clubs, and Farmers Home Administration families.
2. Development of a plan to include those not now participating in Extension activities and who expressed a desire to do so.
 - a. The county staffs decided where new clubs were needed and where membership of groups was limited due to small homes.
 - b. In areas of the counties where no groups existed and concentration of FHA cooperators showed on the map.
3. A letter from the Extension staff to FHA cooperators explaining regular office time of agents and some of the services available.
4. Planning with families
 - a. In the initial planning stage for farm and home development in order to make follow-up easier and more effective.
 - b. At family conferences for year-end analysis and revision of plans as time of agents permits.
5. Farm and home visits made jointly by personnel to assist families with individual situations and to keep FHA supervi-

(Continued on page 86)

"Hurrah for the Family Life Conference"

CAROLINE FREDRICKSON
Acting District Supervisor, Minnesota

Mrs. ANDERSON had returned home later than she expected after helping a sick neighbor. She was trying to prepare the evening meal and take care of the evening chores at the same time. Mr. Anderson wanted his meal on time, but she wanted the chores out of the way. Mrs. Anderson had expected that Alice, their 14-year-old daughter, would help her with the meal and that Chris, their 12-year-old son, might do some of the evening chores.

However, Alice was busy finishing and pressing a new dress she wanted to wear that evening, and Chris was getting together some materials for his demonstration at a 4-H Club meeting. Both of the children were calling on their mother frequently for help and advice. There had been several telephone calls about the 4-H Club meeting that evening.

The hurry, interruptions, and confusion made Mrs. Anderson very tense. Mr. Anderson was irritated by the whole situation. He felt the children should be helping their mother.

When the family went to the 4-H Club meeting together that evening, Mrs. Anderson was feeling and looking bedraggled, as she had not had time to comb her hair or really get ready. On the way, Alice said she wished her mother would cut her hair so she would look better. Consequently, Mrs. Anderson felt even worse, though she didn't really believe that cutting her hair was the answer.

This was one of a number of situations discussed at the family life conferences held throughout Minnesota this year on the theme, *Getting Along Together in the Family*. Mrs. Louise Danielson, Extension family life specialist, trained leaders in countywide meetings on the topic. These leaders in turn are presenting the material to their groups.

That the frank discussions at the meetings and the help given in solving problems are making a real impact on home situations is evident time and again. In one home, for example, a teen-age boy was resentful because he was denied a "heinie" haircut. When his mother returned

from the Family Life Conference he was amazed to hear her say that he could have his haircut after all. His exclamation, "Hurrah for the family life conference!" would probably be echoed by teen-agers and parents all over the State. This seemingly trivial incident is typical of the improved understanding that parents are developing for their children as a result of the conferences.

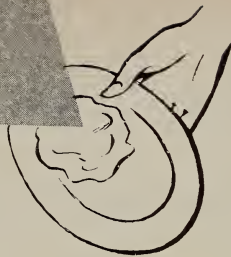
Following a countywide meeting in Blue Earth County, 59 local group meetings were held with an attendance of 682. The interest in this county is representative of that shown elsewhere in Minnesota.

A typical plan for the daylong program includes: Pooling of questions concerning the topic from members of the group . . . Presentation of topic *Getting Along Together in the Family* by the family life specialist (about one hour) . . . Discussion of questions asked earlier (led by home agent, with specialist as consultant) . . . Preparation for "buzz" sessions . . . Lunch . . . Approximately 8 to 10 members from "buzz" sessions discuss three family situations . . . Report of group discussions by panel of representatives with the home agent as moderator . . . Open discussion led by home agent . . . Comments on situations by specialist . . . Completion of questions asked in the morning (led by home agent) . . . Preparation for local group meeting (led by home agent).

Mrs. L. A. Peterson (standing) acts as moderator as secretaries of the "buzz" sessions report results of their discussions on family problems to other members of the *Cheerful Homemakers'* group in Blue Earth, Minn.



No Seconds



A cooperative nutrition and health project for Indiana families

MARY ALICE CROSSON

Assistant in Extension Home Economics Information, Indiana

SEVERAL tons of fat have disappeared from certain fortunate Hoosiers during the past year through a new program of weight control. Other citizens have learned to conserve time and energy through work simplification, and heart patients have regained hope as a result of low-sodium diets.

Through a grant of money made to Purdue University by the Indiana Heart Foundation, Miriam G. Eads has developed this threefold program

in cooperation with county medical societies, home demonstration clubs, home demonstration agents, public health nurses, and other agencies interested in health. To keep the program on a cooperative basis, a record was kept of community participation.

Miss Eads and these sponsoring agencies held a series of 6 meetings in each of the 12 participating counties. Physicians were present at the first and last meetings to explain the importance of weight control and to



"Before" — This homemaker was weighed at the beginning of a weight control meeting where she learned about good nutrition and safe reducing.

answer medical questions. Subjects of meetings included Why You Are Overweight, Check Your Intake, Eat to Lose, Food Facts Versus Food Fad Fallacies, and Rewards of Normal Nutrition.

The people recognized that the weight-control program includes not only good nutrition but also becomes a part of family living problems, economic as well as social.

THANKS to TV and a carefully planned program, we helped many thousands of men and women become weight watchers. Here's the story behind Weight-Watcher-TV, the series of 13 once-a-week programs we gave last year to challenge our overweight homemakers and their husbands to lose unwanted poundage.

The series idea seemed a "natural" for two reasons. Nutrition research studies pointed to the prevalence of overweight folks in Iowa. County extension programs often included the subject. Thus, through the use of mass media, along with traditional methods of teaching, we could challenge the interest of thousands of persons by means of the group psychology appeal. That is what we hoped would happen.

Letters and enrollment requests came tumbling into county extension

TV Helped Us Lose Weight

LESLIE SMITH

Extension Nutritionist, Iowa

offices and to our home economics television program office. Close to 9,000 persons actually enrolled to receive the literature we promised with the series.

A followup informal questionnaire sent to enrollees gave us some clues to results. The average weight loss desired was 20 pounds; the average weight loss actually accomplished was 13 pounds. Seven out of every 10 persons who responded to the questionnaire had either attained their weight loss goal or were still on the diet. Median age of the group involv-

ed was approximately 44 years.

The cooperation of many groups was basic to our series. Assisting in the planning and presentation were research and medical authorities, nutritionists, physical education specialists, clothing and recreation specialists, the home economics Extension administrative staff, members of the Extension information staff, and personnel of WOI-TV. County home economists, through district supervisors, were advised of the series and invited to organize their counties as they wished. Enrollments were conducted



"After"—A year later the same homemaker is pleased with the results of preparing three balanced meals a day for her family. She lost 34 pounds.

In all counties the program was approved by the county medical societies and each individual attending had a note from his family physician on the approximate amount he should lose. The more than 1,050 people who were enrolled in the weight-control classes lost between 1 and 5 pounds during the 6-week series of meetings.

Striving toward weight control as a group played an important role in

weight loss and in making changes in food habits. While the women were changing their food habits, their families did not suffer but were really receiving a better planned diet. The women saw to it that their families ate the Basic Seven foods. The women themselves not only ate these foods but also counted their calories and drank plenty of water.

Twelve counties in Indiana conducted weight-control meetings in 1954, and 18 counties have planned weight-control programs for 1955.

Enrollees in work simplification classes for cardiac patients and other homemakers generally were shown how to save as much as 50 percent of their time and energy while performing their normal household tasks. These classes were open to any woman, but heart patients were given preference.

Participants learned to save time more easily than they learned to save energy, as the latter entailed a definite change of practices, new methods of performance, and more concentration.

The first research project in the United States to determine methods of reducing the workload of farmers, with special emphasis on the cardiac

worker, is underway at Purdue University. This is a joint undertaking of the Indiana Heart Foundation, Purdue University, and the Indiana State Board of Health.

The objectives of this 5-year project are as follows: (1) To determine energy or effort requirements for doing selected farm jobs; (2) to determine changes in energy requirements which occur as methods of doing jobs are altered; (3) to develop and evaluate easier, more effective, and more economical farm work methods for the person with cardiovascular disease; and (4) to classify farm jobs by methods according to energy requirements and to develop alternative internal organizations for farm businesses graded according to the physical capacity of the worker.

A series of four meetings on low-sodium diets were conducted for people having heart disease who were referred to these meetings by their family physicians. The objectives of these meetings were to give basic principles of a low-sodium diet, to assist in menu planning, to introduce new ideas for attractive and palatable meals, and to instill in the individual new hope and the healthy attitudes which arise from participation in group activity.

through their offices mainly so they would have opportunity to counsel homemakers and do any followup evaluation.

We started off with a challenging report on what research showed to be the situation in Iowa; followed that up with advice from representatives of the Iowa Medical Association; gave some solid facts on good nutrition; and then launched the diet. As time went along we gave morale boosters in the form of physical exercises, which the women loved, alteration of garments, which they wrote for because they were losing weight, low calorie party desserts, and hobby interests to take their minds off of food. As a finale, we invited as our guests on the program a group of clubwomen from Jefferson, Iowa, each of whom had reached the weight she desired.



Leslie Smith (right) Iowa Extension nutritionist, demonstrates how much looser Margaret Kagarice's dress is since she dieted. Left is Mrs. Sally Duncan, formerly home economics TV editor, discussing clothing alteration.

Today We Live

WILLIAM B. ROGERS

Assistant Extension Editor, Arkansas

COMMUNITY ACTION is common in Arkansas communities regardless of the income level. Many of the demonstrations show results that have no cost involved. Therefore, it is an excellent way to get all families interested in working together.

Community improvement tends to bring every family together. Families with relatively low incomes learn about the standards of families fairly successful with improved farm and home practices. Group action is a real motivating force because of the pressure for group approval. And, community action influences family decisions so that desires and needs are elevated. This is followed by work to improve the income to meet these new demands and needs.

On this basis, the Rural Community Improvement program in Arkansas has been stressed, and many of the lower income groups have been reached with subject matter and thereby helped in their planning.

Tours have been conducted in the Pless community, Pope County, to visit homes and farms of neighbors to encourage farm, home, and community improvements. Progress pictures have been made to show improvements. A meeting is held each month at which progress reports are given to stimulate improvements in all homes. The 4-H and home demonstration organizations have been strengthened as a result of working together.

A concerted effort was made in the Pless community to get rid of cans, rubbish, old brush, and dumping grounds. A rat control program was undertaken and supported by everyone in the community.

New Roads to Market

In the Enterprise community, north Sebastian County, 18 families worked to get a new road into the community to aid in marketing farm products. Soil testing on every farm and planting winter cover crops were also stressed. Community leaders, both tenants and landowners, after talking over problems with the agricultural and home demonstration agents have taken the initiative to develop a better community by strengthening the social, economic, educational and religious activities through the Rural Community Improvement program.

Home demonstration programs in



Mary McMeekin, Chief Food Economist, Rice Consumer Service, Louisville, Ky. shows quick ways to cook rice dishes at meeting in Little Rock, Ark.

Arkansas are designed to take the latest research and information to all people of all income, social, and educational levels. Now, as in the past, one of the most successful ways of reaching and activating both low and high income families is through both method and result demonstrations.

Each year there is an increased interest in consumer information, particularly in foods, fabrics, and home furnishings. By studying furniture construction, clubwomen have learned to appreciate well-made furniture. With a new look at what they have and at the price tags on new furniture, many women welcome the demonstrations on refinishing and reupholstering, a popular project throughout Arkansas.

It has been necessary to give demonstrations that cost little or nothing. For example, in Polk County, the women were shown how to use burlap bags for home furnishings. They

are washed, sometimes bleached, and then dyed to bring color and beauty at little expense into many rural homes. Articles made included slip covers, sofa pillow tops, mats, pictures, table runners, place mat sets, wall pockets, shoe bags, curtains and rugs.

Bedroom improvements were made by using print feed sacks in making bedspreads, dust ruffles, dressing table skirts, cafe curtains, pillow slips, covers for three-way rest pillows, and sofa pillows.

Clothing clinics in Garland and other counties have inspired homemakers to make the most of clothing on hand. Where fit was a problem, agents and clothing leaders made suggestions for solving the difficulty. When the garments were out of style or needed remodeling for some other reason, suggestions were made for desirable changes.

A demonstration that brought pleasure to many low-income homemakers

as well as others throughout Arkansas was one on accessories to perk up the wardrobe. It included making collars and cuffs, dickeys, ties, belts, hats, and purses from scrap material.

"We want to look nice, but we just do not have the money to spend on clothes," one county council president in the northern mountain section said about the demonstration.

"Making accessories makes it possible to make one or two basic dresses look like we have a dozen!" this club leader added.

Other method demonstrations of interest and benefit to most families have included meal planning to better utilize home-produced foods; food preparation to conserve vitamins and minerals; building of inexpensive storage for canned goods, cleaning supplies, and clothing.

Method demonstrations on gardening, landscaping, kitchen improvement, and living room improvement have been widely attended by low-income families. Many of these ideas add to the convenience and attractiveness of the home, require only time and energy, little, if any, money.

Health Services

About 1,784 health leaders in home demonstration clubs in Arkansas carried the story of good health to 45,115 club members. They pointed out the dangers of overweight, urged members to wear proper fitting shoes, showed the danger signals of cancer, proved the importance of yearly physical and dental examinations, and stressed that good health is a family and community responsibility.

Health was a major phase of study in Ouachita County. Ten club members assisted with the mobile X-ray unit; three in the crippled children's clinic and 40 with the rheumatic fever clinic.

Successful Local Leaders

As a result of local leadership, there are 505 Negro home demonstration clubs in Arkansas with a membership of 13,496 members in 28 counties. Another indication of participation in the Extension program is that 113 community meetings for leaders were held in 12 counties with an attendance of 5,345 adults and 12,750 boys and girls.

Group discussions on farm management, home management, family relations, outlook information, and other topics of interest have been held for Negro farm families participating in the Extension program.

It makes no difference to Bondville 4-H Club members that 98 percent of their parents are renters, sharecroppers, or day laborers. Although they do not have as much cash to put into 4-H projects, the Bondville Club has qualified for State honors

for the last 5 years and has been made a State Honor Club for 4 years.

This club works at another disadvantage. There is a 24-percent turnover in club membership each year in January when farm families move to different farms. But one way that the Bondville Club keeps their interest is to divide the large club into project clubs which hold separate meetings. These include personality improvement, foods and

(Continued on page 86)

One way to

Stretch Your Day

HELEN H. BARDWELL

Associate Home Demonstration Agent
Hampden County, Mass.

JUDGING exhibits at the town and county fairs always has been a major part of the Extension agent's early fall program in Hampden County, Mass. About 20 such agricultural fairs make the local headlines every year, with as many as three on the choice Saturdays in September.

Feeling the pressure of such extensive judging every year, the home demonstration agents have established a plan that employs the assistance of qualified local leaders for judging at fairs. After trying this system 3 years, it has proved a great success and is winning wholehearted acceptance by the fair people, too.

Extension Service standards of judging are used by all the folks who assist the agents at fair time. To prepare these lay-leader judges to do a uniform job, a special training school on Judging Fair Exhibits is held several weeks prior to the first fair. Qualified homemakers who have shown special interests and talents in project leading are selected and invited to the school.

The training schools have varied somewhat as the program has been developed since 1952. The general plan has been, however, to give basic information first on the setup at

fairs, explaining premium lists, exhibit arrangements, judge's responsibilities, and the system of making awards.

Then, specific training is given the leader-judges on how to judge items of clothing, needlework, baked foods, preserved foods, rugs, and crafts. State Extension specialists and local teachers have cooperated with the home demonstration agents in giving the specialized training in these fields. Actual homemade articles are brought in so the women have the opportunity to practice judging and then discuss reasons for their choices. This practical experience has helped.

The homemaker-judges who have been trained are given a choice of fairs on which they will help. For the first time or two, they prefer to work with the agent at the fair to get the "feel" of judging. Then, they confidently go ahead on their own and do a full-fledged job of judging.

This plan has greatly relieved the agents for other program duties in recent seasons. Eventually, it is hoped that the training of judges or organization of such training schools will be the agent's sole responsibility with homemakers assuming all judging duties at the fairs.

FARMERS are spending at the rate of more than a billion dollars a year for home improvements—repairs, remodeling, and new construction. A great deal more might well be spent to provide the kind of housing that farm families want and need. An unusually large proportion of farm homes are over-age, under-equipped, in poor repair, or otherwise below a desirable standard of comfort, sanitation, and efficiency.

Not nearly enough attention is given to problems of the farm home. Few professional architects are available to design farmhouses. Construction loans are not readily obtained. Large-scale builder services do not generally operate in farming areas. Only a small number of Extension specialists are trained to work on the problems of farm housing. Extension has an active housing program in only a few States; many have no program at all.

For these reasons, farm housing offers a unique and fruitful field for public service. It is a natural area of service for agriculture and home economics Extension workers because it fits so closely into the various phases of farm living and also because no other agency is in such close contact with so many farm families or able improvements.

Many phases of housing are the

The Farmer Wants More Than Four Walls

*He needs help
on housing*

DEANE G. CARTER
Professor Farm Structures, Illinois

very special concern of the home demonstration agent and the home-maker. But housing is also a family problem that can be solved only with participation by all members of the family and help from many specialists. Indeed teamwork is by far the most important ingredient of a successful housing Extension program.

To develop a program, cooperation is most important, for no individual can meet all of the responsibilities implied in the term "housing specialist." Not even the best-trained, best-intentioned person can build a program by working alone.

Three kinds of teamwork must be taken into account in developing housing as an extension activity. First, men and women must work together; second, cooperation among specialists is necessary; and third, university teaching, research, and Extension Services should be coordinated.

Farmhouse improvement begins with husband and wife planning to meet family housing needs. County and community programs ought to be a joint responsibility of the agricultural agent and home demonstration agent. Housing meetings should gen-

erally appeal to both men and women. The typical housing specialist team consists of an agricultural engineer and a home economist.

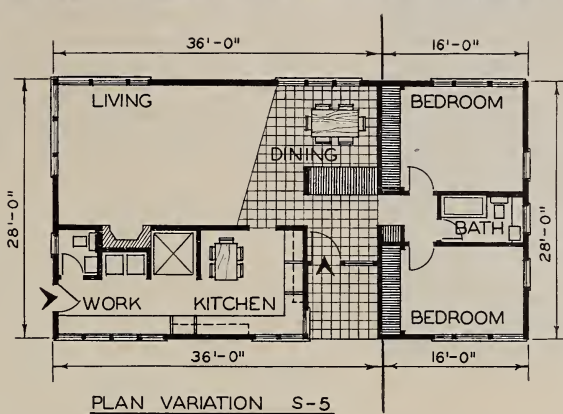
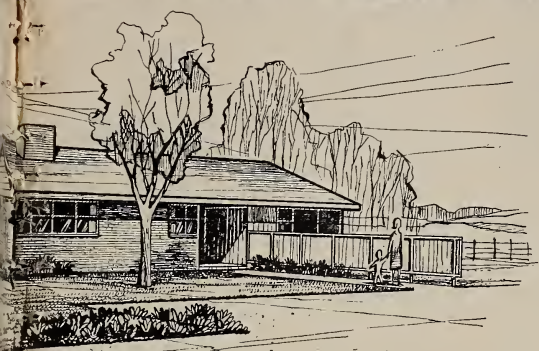
Teamwork among specialists is necessary to assure the best assembly of



Analysis for storage space established the essential dimensions for plan development and housing recommendation. Illinois Bulletin 557 (cost \$1.25).



Functional design for housing is based upon activity measurements that provide both for the necessary facilities and space for using them.



(Left) Exterior view of one version of a highly adaptable farm-house plan development. Part of North Central regional research, Regional Publication 32. (Right) This one-story two-bedroom house is one of 576 adaptations to be presented in a forthcoming regional planning guide. Variations include from 1 to 5 bedrooms and many choices for daytime living areas.

information. In one State, specialists in home management, construction, forestry, and agricultural engineering reached every county with a "home-made homes" building school. In other cases, a home furnishings specialist, an economist, or a landscape architect may be needed to round out the team.

All three phases of the college program, research, teaching, and Extension, are necessary in a teamwork attack on housing. In many ways, Extension teaching in housing is a projection of the college or university research and resident teaching program. Research is necessary not only to accumulate new information but also to create interest and enthusiasm for housing. Teaching should provide some training for many students and intensive specialization for a few.

The foregoing comments are based mostly, but not entirely, on the housing program at the University of Illinois. Teamwork is stressed throughout as between men and women, among specialists, and in the lines of teaching, research, and Extension. The principal specialist team of agricultural engineer and home economist is supplemented on occasion by

specialists in forestry, landscape architecture, agricultural economics, home furnishings, and others.

Continuous Research

Housing Extension work in Illinois has benefited greatly from the research program at the university. Principal projects are cooperative studies in agricultural engineering and home economics; North Central Regional subprojects relating to space design and plan development; the Small Homes Council research; and College of Engineering studies in house heating and air conditioning.

The Extension program in each State must be developed according to its particular needs, the personnel available, and the support that can be provided. Of course, plans, publications, result demonstrations, and other resource materials are necessary.

Local farm and home leaders, rural builders, power-use advisers and lumber and materials dealers are particularly useful as cooperators. Special interest meetings with farm families are helpful in getting the

maximum value from the specialist's time. Of greatest importance are remodeling demonstrations, housing tours, and planning circles.

Extension workers have indicated a great deal of interest in preparing themselves to handle housing problems. Among the effective measures are district and State training conferences, extramural courses, and occasional 1-day sessions with specialists.

In-service workers frequently have taken advantage of housing courses offered in connection with the various Extension summer schools. A 4-week intensive study course in family housing is scheduled at the University of Illinois each summer on a half-time or full-time basis. The 1955 course starts on June 20.

Editor's Note: "A packet of housing Publications may be obtained free on request. Included are four subject-matter circulars on housing, one on farmstead planning, a sample poster-leaflet, and list of plans and planning aids. Address Department of Agricultural Engineering, University of Illinois, Urbana, Ill.



Let's Live a Little Longer

Exhibits by the Vermont Tuberculosis Association help make home demonstration health programs and exhibits interesting. Marjorie Luce (right), Vermont home demonstration leader, talks over some of the points with Extension workers and homemakers.

than ever are now going for a medical checkup each year.

"Our medical checkup program started back in 1945 in Windsor County," says Miss Luce. "Some of the home demonstration women got together and conferred with local doctors. Then they went to the State Board of Health for help to develop a check sheet that they could take to the doctor as a basis for the examination."

The following year a health committee was set up to take over the work. Interviews were arranged with every doctor in the county. All doctors gave the program their O. K., and nearly all agreed to charge a special low rate, ranging from \$2 to \$5. One woman doctor volunteered

to tabulate the results of the examinations if the doctors would send her their diagnoses.

"At present 10 of the 14 counties in Vermont have a medical checkup program sponsored by the home demonstration groups and approved by the county medical society. Last year 2,385 homemakers, or about three-fourths of the total membership, reported that they had used this plan for a physical examination.

In this health program the women cooperate closely with the Board of Health, the county medical associations, and various health organizations. One good example was the Health Fair, conducted in Randolph last year. It was sponsored by the

DURING THE PAST 10 years health education has become an important part of the Vermont home demonstration program. Annual checkups for women, diabetes control, dental hygiene, hot lunch programs, and assistance to local health agencies are some of the highlights of the statewide health program.

Marjorie Luce, home demonstration leader, reports that more women

Two articles by

KARIN KRISTIANSSON

*of the Vermont
Editorial Office*

Vermonters like their milk

They Produce It, Promote It, and Use It

ASK A VERMONT homemaker what changes she is making in her daily menu, and she'll probably answer, "I'm using more milk."

In a State where dairying accounts for over two-thirds of the farm marketing income, our statewide nutrition program last year took on a double significance. It helped homemakers to better diets, and was one of many organized efforts in the State to boost milk consumption.

Anna M. Wilson, Extension nutritionist, used the Treat Yourself to More Milk slogan in working with

home demonstration groups. Cooperating with the Vermont Dairy Council, the American Dairy Association, and specialists at the University of Vermont, Miss Wilson and a crew of 13 home demonstration agents presented the facts about milk and milk products to the homemakers.

The first part of this statewide nutrition program was a series of training meetings for the home demonstration agents conducted by Miss Wilson. Pictures, charts, and the flannelgraph helped make the meetings interesting.

For her demonstrations Miss Wilson used three 28-inch cardboard figures: one of a woman, one of a bottle of milk, and one of a potato. The three figures were divided into their nutritive composition, so that the homemaker could compare for herself how a potato measured up to a bottle of milk, and how similar milk is to the human body in its composition.

Milk costs were discussed with the aid of the flannelgraph. A large circle showed the portion of the food dollar spent on dairy products and other foods. A graph indicated what good dairy products do nutritionwise, and how easy it is to save some money by substituting those extra servings of meat with more milk in the diet.

In her training meetings, Miss Wilson used a "ribbon chart." This is a 36-inch square board with movable ribbons in different colors, one for each food nutrient. Asking a

home demonstration groups of Windsor and Orange Counties, the county medical societies and the local hospital, high school, and chamber of commerce. The 2-day program featured open house at the local hospital, high school, and chamber of commerce. Specialists on diabetes, children's diseases, cancer, heart disease, infantile paralysis, and arthritis gave the public up-to-date information on what is being done in these fields. Parents and high school students were invited to an open house at the high school where careers in various health occupations were discussed. The exhibit also included 15 films on health, colorful displays, and an abundance of literature.

The Health Fair was clearly a success and will be repeated this year. Much of the organizational work was done by a committee set up by the home demonstration women. The home demonstration agents of the two counties served on this committee and also acted as hostesses and introduced the speakers. Excellent cooperation was given by the University of Vermont College of Medicine, the State Board of Health, and the State Medical Society. Twenty-four different health and youth organiza-

tions contributed with literature and displays.

"With Vermont having the second largest proportion of people over 65 in the Nation, old-age problems are very much our concern. We have built up a series of topics on these specific problems, Food After Fifty, Housework Will Keep You Young, and Stay at Home and Like It, are some of the meetings we have held on this subject during the past few years.

"Ninety-five percent of Vermont's children are in need of dental care, and that's another of our concerns. Many of our counties are now helping with dental hygiene projects. In most cases the home demonstration group members furnish transportation for the children to the local dentist or a dental clinic. Many dentists have agreed to help by working on the children at a low hourly rate. If the parents cannot afford the fees, the home demonstration group will help.

"Our shut-ins and patients in the hospitals are also remembered. Vermont home demonstration groups help with thousands of cancer dressings each year. We make scrapbooks for hospitalized children and afghans

for veterans' hospitals; we also help our communities with loan closets for disabled and crippled patients. One of our big projects is the hot school lunch program. In many places the school lunch program is run by a local home demonstration group. They help to cook and serve the food and also contribute money for the equipment.

"But it's not only the women's health we are concerned about," concludes Miss Luce. "I would like to see a Preserve Your Husband campaign launched in Vermont. We want to get the men into the picture. By preserving the husband, I mean encouraging adequate diets, weight watching, proper rest, and less nervous tension in the home. That's one project that we are aiming at for the coming year."



Jenny Smith (left), home demonstration agent, Chittenden County, Vt., discusses the value of milk and potatoes with 1 of 10,000 Vermont women.

member of her audience what she had for breakfast, Miss Wilson translated the food intake into vitamins and calories on the ribbon chart. When discussing the daily milk requirements and the high calcium content of milk, she found the chart especially effective.

Other visuals found useful at their meetings were big, appetizing platters of dairy dishes, featuring everything from cottage cheese to ice cream. Three different trays of varying milk equivalents for one week's supply of dairy products for one person were also displayed.

Briefed on the nutritional value of the number one Green Mountain product and the methods of teaching its value, the home demonstration agents then went back to their counties and set the stage for milk meetings with their own groups.

About 10,000 Vermont women

learned directly about milk and its nutritive values, says Miss Wilson. Many more who did not attend the home demonstration group meetings read the illustrated booklet, Treat Yourself to More Milk. About 4,700 copies were distributed by the agents. Featuring new and old dairy dishes, the booklet was found especially helpful to homemakers who would rather include milk in their cooking than serve it as a beverage.

When asked how much milk they used in their menu, about 3,000 homemakers reported using the minimum daily requirements. About 2,000 home demonstration members indicated that they were planning to include more milk and milk products in their meals.

Many of the milk meetings were concluded with dairy dinners. A dairy dinner was served to home demonstration agents and county agricul-

tural agents and made such a hit with the menfolks that they staged similar dinners at their marketing meetings.

One of the highlights of the Vermont Agricultural Show in Barre last winter was the Vermont Dairy-men's Banquet. Planned by Miss Wilson, every dish in this meal contained milk products, and still it was a well-balanced meal.

Home is the first school for

CITIZENSHIP TRAINING

IN MISSISSIPPI

MARGARET DUNN

Extension Specialist
in Organization and
Program Planning

RECOGNIZING the home as the first school for training in citizenship for family life and for participation in community, State, and national affairs, our clubwomen are working to improve the knowledge of the average homemaker.

All home demonstration families are urged to take an active part in political activities. They are encouraged to pay poll taxes, to register, and vote. Voting is looked upon as a duty as well as a privilege. That's why the women selected thought-provoking study topics and developed a suitable reading program. Many of the study topics follow closely the legislative acts of the State and Nation. Some of the recent topics are:

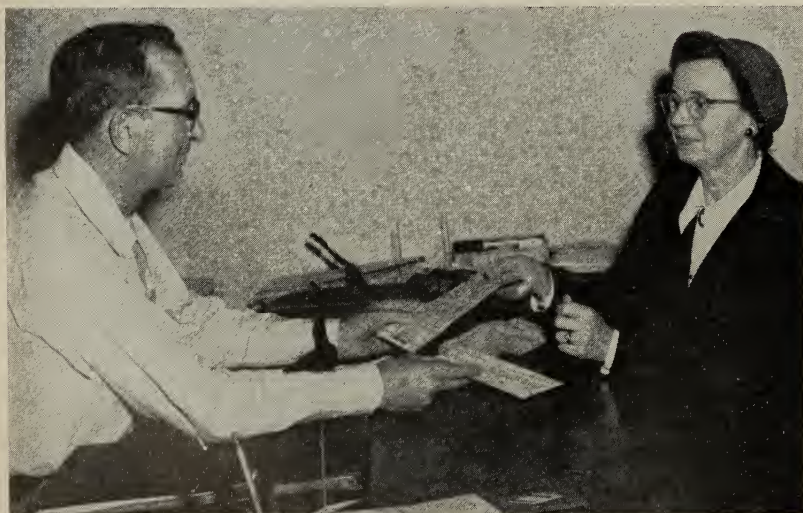
Individual responsibility versus big government; a sound economic policy and prosperity through two-way trade; conserving our heritage of soil and water; our facilities in Mississippi for taking care of the mentally ill; Mississippi adoption laws; the right and privilege to work; how radio, television, and comic books influence family life; American charm (the International Peace Garden and other spots); know your health and accident insurance and how to use it; and jury service for women.

Legislative actions affecting the clubwomen and their families provoke deep interest. Some of the items studied by the home demonstration clubs are: Premarital physical examinations, laws prohibiting livestock at large on highways, and the adoption law recommended by the Children's Code Commission. Members have also studied legislation to promote grading of eggs based on the United States Department of Agriculture standards and proper labeling of consumer goods.

The soil and water conservation program has been one of the most popular activities. Each year the women take the lead in observance of Land Use Emphasis Week with a special Women's Day. Materials for the programs are furnished by the State Extension conservationist. Activities include tours, demonstrations, radio and television programs, special sermons and devotions, and exhibits.

To care for the needs of foreign agriculture workers who come to our State to learn Extension methods, the State Home Demonstration Council has a hospitality chairman. She makes arrangements for these people to visit in farm homes, to attend Extension meetings, and engage in activities that will give a better insight into our American way of life.

Our international relations are improved by letter friends, friendship parcels, entertainment of International Foreign Youth Exchange students, observance of United Nations Day, and contribution of books and magazines to home economics schools in Pakistan, where Maude Smith, a Mississippi Extension specialist, is now working.



Voting is a citizen's privilege and responsibility. Mrs. Hunter Arnold of Sessums, Miss., casts an absentee ballot before going to Washington, D. C.

IN KENTUCKY

LULIE LOGAN
Assistant State Leader and
Adviser to the Program

THE CITIZENSHIP program in Kentucky is designed to create within a homemaker an awareness of her worldwide community and her privileges and responsibilities as an American citizen in her local community.

To help her grow and achieve in this regard, the State citizenship chairman each year prepares a leaflet setting forth ideas, suggestions, and

recommendations to challenge the homemaker. At the same time, the suggestions must be adaptable to local conditions. The homemaker's interest is caught by the leaflet's opening statements:

"Are you looking for a profitable investment?" Would a better world, in return for a small outlay of your time, interest, and your best efforts be that investment? That is our citizenship program where, in return for our interest and support, we gain

in a hundred ways—better communities, increased loyalty to our country, better informed citizens, wider horizons, lasting friendships, and the joy that comes from sharing."

Suggestions in the leaflet are purposely general—to arouse the homemaker to look about her to discover opportunities for service, to learn what goes on in the world, and to assume her duties as a citizen.

Twelve district meetings of counties, with a district chairman in

charge of each one, are held to discuss possible citizenship activities, to exchange ideas, and to make suggestions for the district. The leaflet is the text or point of departure for the discussion. The resultant goals set up may include some or all of the general suggestions, whatever the representatives consider applicable to their counties.

Following these meetings, the county and club citizenship chairmen conduct the county meetings.

Our local leaders found



An Exciting Story

OLGA BAN

Assistant Home Demonstration Agent, Oneida County, N. Y.

"IT'S DRY. We can't drum up enough interest. The women don't want to listen to us. It's too difficult to teach."

I am sure most of you, just as we in Oneida County in mid-New York State, must have heard these comments some time or other about citizenship. To find leaders to teach preparation of oven meals or the making of a cotton blouse is easy enough. At the end of the meeting you can eat what you cooked and you can wear the blouse you made. Citizenship, however, isn't as tangible as oven-meals or blouses and the results are slow to show up. Further, as most of us know, half of the fun is in the doing. The women like work-meetings and they like to participate actively in a project.

Utilizing the principles of successful projects such as those cited above, we set up a citizenship training school in Oneida County which has achieved results beyond our expectations. We have reached not 60 but 600 women. Our success was due to careful advance planning and was based on the following premises.

We believe that the introduction of leader training in place of countywide meetings was largely responsible for the success of our citizenship project. The citizenship project in Oneida County used to be presented at countywide meetings by a county leader. Those who attended could, if they wished, report to their unit members, but they were not expected to do so, and it was difficult to evaluate the results of such a meeting. Attendance at our countywide meetings averaged between 50 to 60. After changing to leader-training meetings the attendance became a steady 40 to 50 leaders who taught this project to several hundred club members.

Setting up leader training classes was only the beginning, for we realized that we had to maintain the leaders' interest. We did this by offering a sequence of topics, which started with local government, continued with county, State, and Federal Government.

Our most important innovation was the idea of Mrs. Arthur Allen, our county citizenship leader. She sent a letter to the unit leaders before

each meeting asking them to do a little research in the community in connection with the topic to be discussed at the next meeting. The leaders at first were somewhat surprised. They expected to sit back and listen to a lecture, but instead they were the ones to lecture.

Of course, we were fortunate in having Mrs. Allen, a woman who has the ability of setting the stage for a certain topic. At one of our training schools where the topic was the Federal Government she started the lesson by asking each of the leaders if they had any contact with the Government that morning. This was an unexpected question. The women confessed they had never thought of having had contact with the Government when greeting the mailman that morning.

The reason for inviting speakers, showing pictures, and arranging field trips was to introduce variety into the teaching. The speakers were local persons, competent representatives in their particular fields. The women were pleased to meet some of

(Continued on page 86)



◀ The women of the rural-urban project of Lincoln Parish go "behind the scenes" of a supermarket to see how meat is prepared to sell.

Together rural and urban women

Follow Food to Market

ESTHER COOLEY

Consumer Education Specialist, Louisiana

RURAL and urban women in Louisiana have joined together to learn some of the intricacies in producing, processing, and marketing foods. This pilot project in consumer education just drawing to a close served not only to give the women a better understanding of marketing problems but also strengthened the ties between rural and urban women and among retailer, processor, producer, and consumer.

To launch the project, the State Extension consumer education specialist invited home demonstration agents in Calcasieu, East Baton Rouge, Jefferson, Lincoln, Rapides, and St. Landry Parishes, which were selected for the study, to discuss the tentative plan. The next step was to issue invitations to a limited number of rural women from home demonstration clubs and an equal number of urban women from civic clubs to make up the group in each parish.

Four meetings were planned in every parish, one each on meat, dairy products, poultry products, and fresh fruits and vegetables. The consumer education specialist, using various visual aids, traced the commodity from its beginning on the farm through the production, processing and marketing stages. Take-home information on the subject under discussion was distributed to each person before the group departed for a tour of a processing plant, a supermarket, or a farm.

No two parishes followed exactly the same pattern of tours. Some went to a farm to observe poultry or egg production while others chose to visit a poultry processor. In some parishes, they toured a supermarket to study the sale of meat or visited a fruit farm or went to a packing house to learn about distribution of meat. Almost all of the groups went to a creamery or ice cream factory. At

the conclusion of the meetings each of the women was requested to report back to her club.

Because this was a pilot project, suggestions for improvement were solicited from all who participated. Following are a few of the changes recommended for a similar series another year: (1) Have a larger group participate, probably using the number of home demonstration clubs in the parish as a basis and match that number with an equal representation from urban civic clubs; (2) hold meetings during four consecutive months and try not to schedule meetings during the summer months; (3) examine the time of day the meetings were held to be sure that the time selected is the best time; (4) learn what carryover there is to the clubs represented; (5) have the consumer education leader as the representative at each meeting; and if she is unable to attend for her to be responsible to have someone to represent her; (6) have the group break down into smaller groups for the tour so that each member of the group may see and hear everything on the tour; (7) have the specialist obtain from the agent her reaction and the reaction of the women to the series of meetings and ask her to offer suggestions for the improvement of the project.

There has been interest manifested in the project by the home demonstration agent, by the women participating, by the farmers whom we visited, by the processors, and by the retail merchants. Some parishes have asked for some more work along the same lines and similar projects will probably be carried on in other parishes of the State which will be designated by the district agents.

With the movement of city residents to the fringe areas and the commuting of rural people to city jobs, more common bonds will help to bring about more sympathetic understanding of the problems of production and marketing.

Ohio's study of

Part-Time Farmers

Reveals a 2-way movement

*Into the country to live
Into town to earn a living*

H. R. MOORE and W. A. WAYT
Rural Sociologists, Ohio Experiment Station

RESEARCH is underway in Ohio on the economic and social aspects of part-time farming. Results so far help put some things in perspective.

The 1950 census revealed that one-third of Ohio's farm families received more than half of their income from nonfarm sources. And, the same proportion of farm operators spent 100 days or more in employment off the farm. In this Ohio study, operators spending 100 days or more in non-farm work and farming 3 acres or more are considered part-time farmers.

This group varies in objectives and accomplishments. For purposes of description let us consider four situations.

Commercial Part-Time Farmers

These are similar in enterprises and scale to full-time farms except that the operator works at another job. The study shows that almost as many persons operate 100 acres or more as operate 3 to 29 acres. Part-time farming is not necessarily small-scale farming. Farm product sales exceeding \$5,000 are frequent. The larger part-time farmer is subject to the same pressures as the full-time farmer to use labor and equipment efficiently.

Semi-Commercial Part-Time Farmers

This is the group popularly envisioned as the part-time farmer; some production is for home use, some for sale. Inefficiencies and high cost of equipment limit the commercial effectiveness of this scale of operation. Some solve these problems, but more are shifting to the commercial scale or to subsistence production.

Subsistence Part-Time Farmers

Production for subsistence usually is not seriously handicapped by high cost. Labor is largely a spare-time proposition. Heavy machinery is not necessary or can be hired. Products consumed can be valued at retail prices. Sales are incidental.



'They say' that V. H. Pittis, welder at a Massillon plant, can be home and at his farm chores (below) before the quitting whistle stops blowing.

Residents—Rural and Suburban

This group excludes farmers but is identified by an interest in gardening and rural living. Response to an inquiry by a corporation employing several thousand persons in Ohio indicated that about two-fifths of its employees wanted information on gardening and farming.

Three-fourths of these respondents occupied a city lot or less than 3 acres. Their primary interest was gardening although 1 in 6 expressed an interest in buying a farm. The other fourth occupied from 3 to more than 100 acres, and their interests ranged the scale of subject matter relating to agriculture.

Movement to Part-Time Farming and Rural Living

This is a two-way movement. Automobiles and good roads provide the means. Mechanization of farms, decentralization of industry, and growth of nonfarm employment opportunities enable the farm population to sell extra labor while continuing to farm. Specific objectives may be to finance additional land, farm improvements, or reduce debt.

The amenities of rural living, the 40-hour week, earlier retirement, uncertainty of employment, are incentives to move out from the city. How

(Continued on page 87)



A flock of good laying hens such as these of V. H. Pittis is a must with most part-time farmers.

Who are the members of Home Demonstration Clubs?

A study was made in Cowlitz County, Wash.

HOW CAN YOU help to plan a satisfying program with a group of homemakers if you do not know what they are most interested in? Is your program attracting the women in your county who need help in home-making?

To answer these questions, Ruth S. Hicks, home demonstration agent in Cowlitz County, Wash., and Mrs. Loretta V. Cowden, State Extension agent, with the help of the homemakers in that county, studied the health and census information in the county. Also the programs of the Extension Service during the past 5 years were carefully analyzed. In addition, the home demonstration agents and the leaders of the home demonstration groups polled 104 members of the home demonstration clubs, selected at random from the total number enrolled in 1954, to find out something of their interests and the extent to which they represented all the homemakers in the county.

Where they live—Of the homemakers enrolled in the home demonstration groups, 26 percent lived on farms, 44 percent in the open country or in small villages or towns that have a population of less than 2,500 and 30 percent in towns or cities that have a population of 2,500 or more.

Their interests—Whether the home demonstration club members lived in rural or urban areas seems to make little difference in the subjects they would like to have included in the home economics Extension program.

The six subjects checked most frequently by both rural and urban members of home demonstration groups were:

Family business such as wills, investments, insurance.

How to make the home more attractive.

Easier ways to do housework.

Well-balanced meals.

How to make the home more convenient.

Good buying practices.

Children—Two-thirds of the women had children under 20 years of age.

Age of homemakers—About one-third of the enrolled homemakers are under 40 years of age. This is a lower percentage than the proportionate number in the county.

Schooling—More than half of the homemakers enrolled in home demonstration groups had graduated from high school or had formal schooling beyond high school, and 42 percent had high school courses in home economics. This indicates a large potential for leadership. The homemakers enrolled in Extension have had more schooling than the average homemakers in the county.

Income—The family incomes of members of home demonstration groups compared with those of non-members were about the same. More than 80 percent of the members have an annual income of \$2,500 or more, and 80 percent reported that their entire incomes are derived from sources other than farming. Only 7 percent of the member families reported that all their incomes were derived from farming. Over one-third of the enrolled homemakers work away from home or in the home to earn money.

Membership tenure—More than three-fourths of the women have belonged to a home economics extension club or group 4 years or less.

Extension information—A series of questions was asked the homemakers



Upholstering with foam rubber has been a very popular project among homemakers in New York.

concerning the sources of their Extension information.

Eighty-four percent of the home demonstration club members had read the Extension agent's column in the weekly paper, about one-third listened often to the radio stations over which the home demonstration agent broadcast, and 25 percent watched Extension television programs.

When asked their opinions of the helpfulness of the different Extension teaching methods, the members placed high on the list the Extension agent's columns in the newspaper and group meetings taught by the local leader. Over one-half of the women had explained to neighbors and friends how to get Extension information, or had passed on some they had learned.

Each enrolled homemaker read an average of 5 magazines.

Much Work and Some Play

(Continued from page 69)

dancing, parties, and other forms of recreation. The Emmett Healy family in Brule County living on the rolling plains near the breaks of the mighty Missouri is a good example.

They aren't reluctant to share their fun. On a given night you can find one dance square of Betty and Bob's high school pals in the bedroom, another in the living room and another in the dining room of their small home gaily going "around that corner to take a little peek." Since Betty went to the Junior 4-H leaders' camp last summer she has used her family as willing subjects to practice games and mixer dances.

The sign of our times indicates that if Extension is to help people develop better farming that is really going to produce better living, then an effective program of education for leisure centering in family recreation must be launched. The home is the human relations laboratory where basic behavior patterns and attitudes about people are experimented with and established. In the relaxed togetherness of family fun are found many of the necessary ingredients for helping citizens to live together in our world creatively in the "democratic" manner.

The far-reaching effect of SOCIAL SECURITY

on farm-home plans

THE NEW Social Security program for farm families is already influencing farm and home plans. Knowing that survivors' benefits are assured, a farm wife has a little more margin in making her plans with the family. By easing the pressure to put everything into savings as a family protection, it may make it possible to include in the budget a little for recreation, education, medical care, or other needs that often have to be postponed and may make the difference between hardship living and a more satisfying daily life.

At the retirement age, when it would be a pleasure to ease up on the daily routine of farm work, a farmer who can qualify for Social Security may find that the monthly payments make it possible to rent his farm or move into town. This decision sometimes affects the grown children who hope to take over the farm upon their parents' retirement or partial retirement.

As counselors to farm families, farm and home agents will want to know what the program is and its major implications for farmers and farm workers and their families.

What is the OASI program? It is a contributory group social insurance program designed to replace, in part, the loss of income resulting from retirement or death. The program is financed entirely by the self-employed, the workers, and their employers in covered employment. Only farmers and workers who have worked in covered employment for a specified time—never less than 6 calendar quarters—are insured under the program. An individual is permanently insured after 10 years or 40 calendar quarters of coverage.

This is the way a farmer qualifies for Social Security payments. If he has annual net earnings of \$400 or more from farm self-employment he is covered under the Old Age and

Survivors Insurance program, effective with the first taxable year after 1954.

A self-employed farm operator over 65 years of age must have earnings from his farm business for at least two taxable years which end after 1954, before he can become eligible for benefits. A farmer of this age group may obtain social security credits for his farm earnings even though a portion of the farm work is done by his employees or his family. The amount of the tax for self-employed farm operator is 3 percent of the first \$4,200 of net earnings each year.

A farm worker who is paid as much as \$100 during the year by an employer is covered under the OASI program. The tax contribution is 4 percent, of which 2 percent is paid by the worker and 2 percent by the employer. The amount of the tax for self-employed farm operator is 3 percent of the first \$4,200 of net earnings each year.

The retirement and survivors' benefits vary from \$30 to \$200 monthly, plus an additional lump-sum payment of \$90 to \$255 upon the death of an insured individual.

Pay Regularly

In no case are these taxes optional. Payment of the taxes should be made promptly when due to the Director of the Internal Revenue Service, U. S. Department of the Treasury, for your District.

Some may think that these monthly payments are not enough to bother with nor enough to keep one in old age. However, it has been proved a worthwhile form of social insurance. It is not a substitute for life insurance, but is designed to provide some basic security for all those who qualify. It may make the difference between living in dread of death and old age and living with some measure of peace and security.

The Deerings Are an Extension Family



Arthur L. Deering, Dean of Agriculture and Extension Director of the University of Maine.

ARTHUR L. DEERING is the director of Extension work in Maine. The Deerings of Maine are truly an Extension Service family. Director Deering's son Dr. Robert B. Deering, is the chairman of the Department of Landscape Management at the University of California. Much of his time is devoted to Extension work.

Director Deering also has three married daughters living in Maine. One, a former county home demonstration agent in New York State, is the foods project leader for a group; another is the county home economics chairman of York County (Maine) Extension Association; and one, formerly county 4-H Club agent in New Hampshire, is the secretary-treasurer of a newly formed junior Extension Association group in northern Maine.

Director Deering's wife, the mother and grandmother of this Extension tribe, is the supervisor. She operates as the baby sitter and corresponding secretary. Three grandsons of the Deerings are members of a 4-H dairy club and have won prizes and recognition for showmanship in this branch of Extension work.

Citizenship

(Continued from page 81)

the people whom they knew only through the newspapers. The films and the field trips served to highlight our program.

On one of our trips we visited the United Nations at New York City; another time we went to Albany where we attended the meeting of the State legislature. The women were thrilled when one of our assemblymen stood up and asked the speaker to welcome the Home Bureau representatives from Oneida County.

We found that the introduction of a citizenship corner into our monthly Home Bureau News really brought dividends. Our Home Bureau News reaches every member. Thus the Citizenship Corner is read not only by citizenship leaders, but also by members who do not attend citizenship classes. Reports show that the monthly article or quiz furnished by Mrs. Allen for this column became family reading matter. Husbands and children helped to answer the quiz.

Sending two leaders to the citizenship training school really increased the self-confidence of our leaders. Proof is that several of the women accepted invitations to talk to church and Grange groups about their trip to the United Nations and Albany, or about some other topic dealt with in our citizenship training schools.

Today We Live

(Continued from page 75)

cooking, recreation, safety, clothing, girls' handicraft, and boys' handicraft.

Six 4-H Club boys received registered gilts from the Osceola Chamber of Commerce during 1954 to start a pig chain. These boys will keep the gilts until the first litter of pigs arrives. When the pigs are 10 weeks old, each boy will return two gilts to the County 4-H Council and they will be placed with other 4-H boys and girls in the county.

Families of boys receiving these gilts range from sharecroppers to owners of 100- to 160-acre farms. No distinction was made between landowners, renters, or sharecroppers in the selection of boys to receive pigs.

Large numbers of Arkansas 4-H'ers are finding that even though they have little money, it takes a minimum amount to carry such projects as clothing, foods and cookery, home improvement, and personality improvement. They know that giving of time and service yields greater results in 4-H Club work than any other item.

The farm and home development approach to Extension work will offer greater opportunities to farm families in Arkansas. Set up to work with farm families of all income levels, committees have carefully selected representative families from the lower-income group.

Farm and home development will aid all farm families by bringing them information and assistance in developing a system that fits the resources, abilities, and opportunities of the family; in appraising practices that best fit the family's system of farming; in developing a farming system that improves and conserves land and human resources; and in adjusting to short and long time economic changes.

Cooperate To Serve Farm Families

(Continued from page 70)

sors up to date on subject matter and conscious of family living as seen through the eyes of a home economist.

Each county staff sets up its own goal in terms of other commitments, size of staff, and need for the joint service, and then sends a summary of the plan to the State coordinator. Form sheets were provided for this purpose to make the reporting and the recording easier and more efficient.

The State coordinator in turn summarized these evaluation and program plans by districts for the use of State agents in their followup work with the county staffs.

In counties where the staffs of these two agencies are already cooperating, families are requesting information and help of the agricultural and home agents. They have indicated a desire and need for this kind of guidance and counseling.

"Clean Water for Better Health"

Theme of World Health Day, 1955

DR. LEONARD A. SCHEELE

Surgeon General, U. S. Public Health Service
U. S. Department of Health, Education, and Welfare

WORLD HEALTH DAY, on April 7 this year, marks the seventh anniversary of the founding of the World Health Organization, the United Nations' specialized agency which is doing so much to attack the ancient diseases still plaguing the world.

This year the theme of World Health Day is "Clean Water for Better Health." It is an especially fitting theme, because the necessity for good water underlies so many of the new and growing health programs in foreign countries.

In many of them our efforts to help the governments of those countries improve the health of their own people have developed into the programs that this country began years ago—better environmental sanitation, better nutrition, bet-

ter control of the communicable diseases, and the teaching of the principles of maternal and child health.

In our country as well as foreign countries, however, the fact that clean, pure water is a vital part of our daily lives can never be over-emphasized. President Eisenhower, in his Health Message to the 84th Congress this past January, made special note of the importance of our water resources. He also praised the World Health Organization for its forceful leadership of the cooperative worldwide movement toward better health for all of the peoples of the free world. Certainly our efforts to give those peoples a chance to help themselves to a longer and healthier life is fundamental to the attainment of permanent peace and security.



A woman in India draws her water from a well, using the same method today as centuries ago.

Part Time Farmers

(Continued from page 83-)

far out? Replies from the industrial group mentioned above indicated that the worker occupying a city lot or less than 1 acre travels to work on an average of 6 miles in 21 minutes; the average part-time farmer travels about 12 miles in 28 minutes. The extreme is about 60 miles in 90 minutes. By choice, no one questioned so far would live more than 25 miles from work. But let us ponder this point: Only 6 percent would move closer to work; 33 percent would move farther out to get the type of property and the living conditions they want. Travel time does not increase in the same proportion as distance.

Some Implications for Agricultural Extension

Part-time farmers contacted have often expressed a need for printed agricultural information. Free time and work schedules do not fit well with group meetings. The wife frequently carries the burden of farm responsibility. Elementary information and materials related to small-scale production are wanted by those with a nonfarm background.

Here's a note to horticulturists and home economists: Of 1,500 recent requests for experiment station and extension publications from the industrial group mentioned above, one-third related to gardening and fruit growing, one-fifth to the home, and about half of all the other subjects which concern the farmer.

Future Plans of Part-Time Farmers

Future intentions should be a measure of what people engaged in part-time farming think about it. In terms of intentions over the next 5 years, 28 percent were headed for full-time farming (this group already operated an average of 112 acres); 16 percent intend to retire and farm full time on a small acreage; 29 percent would continue as part-time farmers; 21 percent would quit farming but live in the same location; 6 percent would move to town.

UNITED STATES
GOVERNMENT PRINTING OFFICE

DIVISION OF PUBLIC DOCUMENTS

WASHINGTON 25, D. C.

OFFICIAL BUSINESS

PENALTY FOR PRIVATE USE TO AVOID
PAYMENT OF POSTAGE, \$300
(GPO)

More Than Five Million Families . . .

take part each year in Extension home economics work, largely through the efforts of more than half a million volunteer leaders. Last year, nearly 5,300,000 homemakers learned better methods and improved their home practices either directly through county Extension agents, or through approximately 537,600 public-spirited local leaders trained by these agents.

This year's annual observance of National Home Demonstration Week from May 1 to 7 will mark a decade in which county, State, and Federal Extension Services have teamed up to call attention to the home's influence in community, State, and Nation.

These are objectives of the Tenth National Home Demonstration Week:

1. To acquaint the general public, and especially young families, with the total Extension Service—its educational programs for homemakers, and especially some of its specific aims:

- ★ To emphasize the value of wise management decisions in home and family living.
- ★ To interpret the results of research and successful experience in homemaking.
- ★ To help consumers develop skills and change attitudes in selecting, buying, and using food and fiber.
- ★ To assist families in understanding the broad problems of agriculture and their relation to local, national, and world economy.
- ★ To increase awareness of the home's important effect on the character and personality of youth.

2. To encourage families to help strengthen the communities in which they live.

3. To recognize volunteer leaders whose services contribute greatly toward better homes and community life.

Truly in the words of the national theme:

"Today's home builds tomorrow's world!"